



CARDIO TENNIS A Fun Group Activity that pushes your fitness to a new level with high a energy workout while you improve your tennis skills. Is first and foremost a great fitness activity! People of all abilities can participate in Cardio Tennis at the same time! It's a great way to meet people and have fun while working out!

PROGRAM FEE \$6.00 per class

REGISTRATION Advance registration up to one day prior to class. A minimum of 4 participants is required to ensure the pro/student ratio. Walk in registration will be permitted depending on availability.

CLASS SCHEDULE

Day	Time
Tuesdays	7:00 p.m.to 8:00 p.m.

Red Bug Lake Park (407) 665-2190
Rainout line 407-665-PARK (7275)

3600 Red Bug Lake Rd, Casselberry 32707 • Open M-F from 8 a.m. to 10 p.m., Sat and Sun 8 a.m. to 8 p.m.

www.seminolecountyfl.gov/parks



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in Parks**